

PRIME Fitness

Enfield Senior Center

Open Monday - Thursday 8:00 a.m. to 8:00 p.m.

Friday 8:00 a.m. to 4:30 p.m.

We have state-of-the-art exercise equipment including: elliptical trainers, treadmills, recumbent bikes, Nu-Step machines, and a 4-station strength-training gym.

All programs will be specifically designed to meet your individual needs and goals.

Membership Fee:

\$25 for 1 month, \$60 for 3 months, \$100 for 6 months
or \$150 for the year

Membership Fee includes: optional fitness assessment & testing,
program design, supervised workouts, and an
on-going progressive exercise program.

**Completed Medical Clearance Forms Required*

Enfield Senior Center

299 Elm Street-Enfield, CT 06082

Tel: 860-272-3554

Prime Fitness Program

Membership Fee: _____ \$25 for 1 month _____ \$60 for 3 months
 _____ \$100 for 6 months _____ \$150 for 1 year

Please make checks payable to: **Enfield Senior Center**

Name: _____

Address: _____

_____ Zip _____

Phone: _____

Payment Date: _____

Check No: _____

Staff Initials: _____

MEDICAL CLEARANCE FORM

PRIME Fitness

Enfield Senior Center
299 Elm Street, Enfield, CT 06082
Phone: 860-272-3554

Patient's Name: _____

Address: _____

Phone: _____

Please complete the following for the above patient's initial application to participate in an exercise program:

1. Health History:

☐ Cardiac

☐ Pulmonary

☐ Diabetes

☐ CVA

☐ Arthritis

☐ Hypertension

☐ Orthopedic

☐ Other

Please explain checked items if necessary: _____

2. Medications:

3. Please indicate any specific guidelines or limitations for this patient:

4. Approval: I approve this applicant for her/his participation in the PRIME Fitness exercise program:

PHYSICIAN'S SIGNATURE: _____

PRINTED NAME: _____

PHONE: _____ DATE: _____